

Montana's Healthy School Recipe Roundup

April 2013

Montana Team Nutrition Program is pleased to share 31 colorful, tasty, eye-appealing and kid-friendly recipes from Montana schools.

These recipes were submitted to Montana's Healthy School Recipe Roundup Contest in March 2011 and are available electronically at:

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html

These healthy school recipes feature:

At least one USDA food

At least one local food as an ingredient when in season or purchased easily from a locally grown or Montana-made vendor

At least one of the following items:

Whole grain (minimum of 1 oz. per serving)

Legume (at least 1/8 cup per serving)

Fruit or vegetable

Lean protein (meat or meat alternates)

Moderate fat, saturated fat, sugar and sodium content

These recipes provide an opportunity for children throughout Montana to enjoy meals made from USDA Foods and Montana food products.

It's also a great way to share tried and true recipes!



For More Information on Planning Menus with Local and USDA Foods Visit:

School Nutrition Program—Farm to School

<http://www.opi.mt.gov/Farm2School>

U.S. Department of Agriculture

<http://www.fns.usda.gov/fdd/foods/healthy/Professional.htm>

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Caroline Rowe for their work in summarizing and analyzing all the recipes.**

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Recipe List

Entrees

1. Beef Taco- Marsha Wartick, Ronan Public Schools
2. Beefaroni- Cindy Bainter, Sweet Grass High School
3. Chicken and Biscuits- Suzie Bedwell, Great Falls Public Schools
4. Chicken and Dumplings- Kennie Johnson, Montana Office of Public Instruction
5. Chicken Quesadilla- Marsha Wartick, Ronan Public Schools
6. Chicken, Rotini, and Marinara- Jay Stagg, Muldown Elementary School
7. Marinara Meat Sauce- Robin Vogler, Somers School
8. Pizza Pasta- Vicki Thomason, Townsend Schools
9. Santa Fe Pita- Sherri Pearson, Bozeman Public Schools
10. Sloppy Joe on a Roll- Robin Vogler, Somers School
11. Soft Shell Tacos- Salley Young, Greenfield School
12. Taco Pocket- Cindy Giese, Lewistown Public Schools
13. Taco Soup- Barb DeZort, Cut Bank Schools
14. Three Bean Soup- Sharon Groom, Dixon School

Grains

15. Blueberry Corn Muffins- Kathy Hudson, Ophir School
16. Blueberry Muffins- Robin Vogler, Somers School
17. Cheese Biscuits- Kennie Johnson, Montana Office of Public Instruction
18. Fluffy Whole Wheat Biscuits- Lynn White, Bridger Schools

Orange Vegetables

19. Carrot Bars- Marsha Wartick, Ronan Public Schools
20. Carrot Muffins- Jay Stagg, Muldown Elementary School
21. Sweet Potato Bars (Cut Bank)- Barb DeZort, Cut Bank Schools
22. Sweet Potato Bars (Great Falls)- Suzie Bedwell, Great Falls Public Schools

Salads

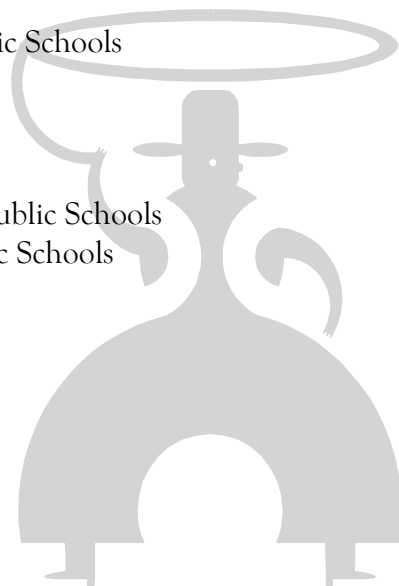
23. Grab 'n Go Chicken Spinach Salad- Cindy Giese, Lewistown Public Schools
24. Grab 'n Go Turkey Pasta Salad - Cindy Giese, Lewistown Public Schools
25. Spaghetti Salad- Cindy Giese, Lewistown Public Schools

Desserts

26. Apple Cake- Cindy Trammel, Ridgeview Elementary School
27. Blueberry Bread Pudding- Brenda Hess, Canyon Creek School
28. Cornflake Cookies- Cindy Giese, Lewistown Public Schools
29. Monster Cookies- Cindy Giese, Lewistown Public Schools
30. Montana Trails Cookie- Sherilyn Stasch, Riverside Youth Corrections Facility
31. Oatmeal Cherry Chip Cookie- Kathy Williams and Cindy Dallas, Shields Valley School

Recipes are listed alphabetically by recipe name.

*The recipes are provided in quantities of 50 and 100 servings. USDA Food ingredients are noted with an asterisk *. Locally grown/purchased food ingredients are noted with (Local).*



Apple Cake

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Vegetable oil* Granulated sugar Eggs, fresh or frozen* Vanilla extract Apples, canned, sliced, water packed* Whole wheat flour (Local) Salt Baking Soda Cinnamon	1 ¾ cups + 1 ½ Tbsp 1 lb + 6 ¼ oz 2 large 2 1/8 tsp ¾ #10 can 3 2/3 cups + ½ Tbsp 1 3/8 tsp 1 3/8 tsp 2 ¾ tsp	3 2/3 cups + ½ Tbsp 2 lb + 12 ½ oz 4 large 1 Tbsp + 1 1/8 tsp 1 ½ #10 cans 1 qt + 3 3/8 cups 2 ¾ tsp 2 ¾ tsp 1 Tbsp + 2 ½ tsp	Mix oil and sugar well. Add eggs and beat well. Add vanilla. Drain and chop apples. Mix with wet ingredients. Mix flour, salt, soda and cinnamon. Add to wet ingredients; stirring until blended. Allow 4.5 lb mixture to each 12 x 18 pan. Rotate pan halfway through baking. Sprinkle with powdered sugar or top with whipped topping when cooled. Cut in 36 servings per pan. Cake will be very moist, but firm to the touch.

Serving Size 1/36th of pan

Pan Size 12 x 18

Yield _____

Number of Pans _____

1 Serving Provides:

1/8 cup
0.5 oz.

Meat/Meat Alternative
Fruit
Grains/Breads (0.5 oz. whole grain)
Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>325</u>	<u>1 hour +</u>
Convection	<u>300</u>	<u>45-50 min</u>

If available, **Nutrition Analysis:** **Serving Size: 1 portion**

<u>172</u>	Calories	<u>1.17</u>	Saturated Fat (g)	<u>0.1</u>	Vitamin C (mg)
<u>1.56</u>	Protein (g)	<u>104</u>	Sodium (mg)	<u>25.7</u>	Vitamin A (IU)
<u>8.57</u>	Total Fat (g)	<u>2.0</u>	Fiber (g)	<u>7.38</u>	Calcium (mg)
<u>45%</u>	Calories from Total Fat			<u>0.46</u>	Iron (mg)

This recipe is from Cindy Trammel, Ridgeview Elementary School, Belgrade, Montana.

Beef Taco

HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve X 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
50 – 8” Whole wheat tortillas* Filling: Ground beef* (or Local) Water Lentils (Local) Onion flakes, dehydrated Refried beans* Tomato paste*(reduced sodium) Salsa* Water Taco seasoning Toppings: Romaine – (Local, when in season) Nonfat cheddar cheese* Tomatoes, chopped– (Local, when in season) Onions, chopped– (Local, when in season)	50 – 8” shells 5 lbs (raw) 1 qt ¾ cup 2 Tbsp 1 lb + 12 ½ oz 1 lb + 13 ½ oz ¾ cup ¾ cup ½ cup 1 lb + 9 5/8 oz 1 lb + 2 ½ oz 1 cup + 1 Tbsp 1/3 cup	100 – 8” 10 lbs (raw) 2 qts 1 ½ cup ¼ cup 3 lbs 9 oz 3 lbs 11 oz 1 ½ cup 1 ½ cup 1 cup 3 lbs +3 ¼ oz 2 lbs +5 oz 2 1/8 cup 2/3 cup	Advanced Preparation instructions: Take hamburger out of freezer 6 days before meal is to be served, follow SOP’s. Cooking Instructions: 1. Place hamburger into the small (40 gallon) jacketed steam kettle at 6:30 a.m. Cook until browned and no longer pink. With the paddle chop the meat until it resembles small crumbs, add onion, beans, tomato paste, salsa, and taco seasoning with water and continue to simmer for 1 hour. Make sure temp. is 165° or above. 2. Cook lentils in your water until tender. Never add any spice or salt to lentils when cooking. Take lentils out and mash or puree. Add to the cooked hamburger mixture and mix well. Transportation Instructions: Record temperature, keep above 140°.
			Serving Instructions: Place taco shell down, #16 scoop of meat, ½ ounce of cheese, then lettuce, tomato, and onion. Hot sauce if desired. Leftover Instructions: Any remaining product will be placed into a hotel pan ½ full. Cover lightly and let chill overnight. Place in clean plastic bucket, label with date and freeze. Serving Sizes: 1-8” tortilla, #16 scoop of meat, ½ ounce of cheese, ¼ cup of shredded lettuce.

Serving Size 1 taco Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

1.5 oz. Meat/Meat Alternative

1.75 oz. Fruit
3/8 cup Grains/Breads (1.75 oz. whole grain)
Vegetable
(1/4 cup red/orange, 1/8 cup dark green)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>233</u> Calories	<u>1.76</u> Saturated Fat (g)	<u>9.1</u> Vitamin C (mg)
<u>17.3</u> Protein (g)	<u>423</u> Sodium (mg)	<u>160.5</u> Vitamin A (IU)
<u>5.6</u> Total Fat (g)	<u>6.9</u> Fiber (g)	<u>151.4</u> Calcium (mg)
<u>21.6</u> % Calories from Total Fat		<u>3.11</u> Iron (mg)

This recipe is from Marsha Wartick at Ronan Public Schools, Ronan, Montana.

Beefaroni

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Hamburger, raw* (or Local) Tomato sauce* Diced tomatoes* Tomato soup Brown gravy mix Onions, diced (Local) Salt Pepper Squash or sweet potatoes, pureed Whole wheat rotini*, cooked	8 lb + 6 oz ¾ #10 can 1/8 #10 can w/juice 1 3/8 oz 1/3 package ½ medium 1/8 tsp (to taste) 1/8 tsp (to taste) 1/8 #10 can 3 lb + 7 5/8 oz	16 lb + 11 oz 1 2/3 #10 can 1/3 #10 can w/juice 2 7/8 oz 5/8 package 1 medium ¼ tsp ¼ tsp 1/3 #10 can 6 lbs 15 oz	1. Brown hamburger and add onions, salt, and pepper. Drain all water and grease. 2. Add Tomato sauce, soup, and pureed tomatoes and/or squash, and dried brown gravy mix. 3. Bring to 160 degrees and simmer until added to cooked rotini noodles. 4. Cook rotini noodles in a large pot. 5 pounds will make 5" in 6" pan after adding 8 quarts of sauce and stirring well. Should make 5 pans plus. 5. Serve 1 #6 scoop to K-3 and 2 #8 scoops to 4-12. 6. Bon appetite. 7. Hold at 135° or higher for service.

Serving Size 1-#6 scoop K-3; 2-#8 scoops 4-12 Pan Size 6"

Yield _____ Number of Pans _____

1 Serving Provides:

1.75 oz. Meat/Meat Alternative
 _____ Fruit
1.0 oz. Grains/Breads (1.0 oz. whole grain)
1/4 cup Vegetable
 (1/4 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>350</u>	<u>60</u>
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>213</u> Calories	<u>3.18</u> Saturated Fat (g)	<u>8.3</u> Vitamin C (mg)
<u>15.8</u> Protein (g)	<u>518</u> Sodium (mg)	<u>1319</u> Vitamin A (IU)
<u>9.23</u> Total Fat (g)	<u>3.17</u> Fiber (g)	<u>27.2</u> Calcium (mg)
<u>39</u> % Calories from Total Fat		<u>2.32</u> Iron (mg)

This recipe is from Cindy Bainter, Sweet Grass County High School, Big Timber, Montana.

Blueberry Bread Pudding

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Blueberries* Whole wheat bread (Local) Sugar Cornstarch Salt Eggs, fresh or frozen* Vanilla extract Milk (Local)	1 lb 2 lbs + 4 oz 1 lb 1/3 cup ½ tsp 8 large 1 ½ Tbsp 2 quarts	2 lbs 4 ½ lbs 2 lbs 2/3 cup 1 tsp 16 large 3 Tbsp 1 gal	In a large bowl, combine blueberries and day old cubed bread; spoon into spray coated steam table pan; set aside. Combine sugar, cornstarch, and salt; add eggs and vanilla. Mix until blended, do not whip. Gradually stir in milk. Pour egg mixture evenly over blueberry bread mixture in pans. Bake at 325° degrees for 1 hour or until custard tests done. Store in refrigerator.

Serving Size ¼ cup Pan Size 2” deep steam table pan

Yield _____ Number of Pans 1

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.5 oz. Grains/Breads (0.5 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>325</u>	<u>60</u>
Convection	<u>275</u>	<u>60</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>125</u> Calories	<u>0.90</u> Saturated Fat (g)	<u>0.3</u> Vitamin C (mg)
<u>4.98</u> Protein (g)	<u>150</u> Sodium (mg)	<u>118</u> Vitamin A (IU)
<u>2.31</u> Total Fat (g)	<u>1.64</u> Fiber (g)	<u>73.8</u> Calcium (mg)
<u>17</u> % Calories from Total Fat		<u>0.68</u> Iron (mg)

This recipe is from Brenda Hess at Canyon Creek School, Billings, Montana.

Blueberry Corn Muffins

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
USDA All Purpose Flour* Granulated sugar Brown sugar Butter, softened Eggs, fresh large Cornmeal Baking Powder Salt Nutmeg, ground 2% Milk (Local) Frozen wild blueberries*	1 lb + 4 oz 7.5 oz 6.75 oz 8 oz 4 large 12 oz 1 Tbsp + 2 ½ tsp 1 tsp 1 tsp 2 cups + 1 Tbsp 4 cups	2 ½ lbs 15 oz 13 ½ oz 1 lb 8 large 1 ½ lb 3 Tbsp + 2 tsp 2 tsp 2 tsp 1 qt + 1/8 cup 2 qts	In a mixing bowl, cream butter and sugars. Add egg, mix well. Combine the flour, cornmeal, baking powder, salt and nutmeg: add to creamed mixture alternately with milk just until moistened. Fold in Blueberries. Coat muffin cups with non-stick cooking spray and use paper liners. Fill 2/3rds with batter. Bake at 350 in convection oven for 16 to 18 minutes or until toothpick comes out clean. Cool for 5 minutes before removing from pan.

Serving Size 1 muffin Pan Size _____

Yield _____ Number of Pans _____

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>375</u>	<u>22</u>
Convection	<u>350</u>	<u>16-18</u>

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
1.0 oz. Grains/Breads (0 oz. whole grain)
 _____ Vegetable

If available, **Nutrition Analysis:** **Serving Size:** _____
148 Calories 2.63 Saturated Fat (g) 0.3 Vitamin C (mg)
2.60 Protein (g) 139 Sodium (mg) 172.3 Vitamin A (IU)
4.61 Total Fat (g) 0.93 Fiber (g) 51.3 Calcium (mg)
28.1 % Calories from Total Fat 1.01 Iron (mg)

This recipe is from Kathy Hudson at Ophir School in Gallatin Gateway, Montana.

Blueberry Muffin

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
All purpose enriched white flour* Whole wheat flour* (or Local) Sugar, granulated Baking Powder Baking Soda Salt, table Buttermilk, fluid, cultured, low fat Orange juice, chilled, from concentrate Eggs, fresh Vegetable oil* Vanilla extract Orange zest, raw Blueberries, frozen, unsweetened*	7 1/3 cups + 12 ½ oz 1 qt + 1/8 cup 3 1/8 cups 3 Tbsp + 3/8 tsp 1 tsp 1 tsp 3 ½ cups + 2 ½ Tbsp 1 cup + ½ Tbsp 5 ¼ large 2 cups + 1 Tbsp 1 Tbsp + 1 5/8 tsp 1 Tbsp + 1/8 tsp 1 qt + 1/8 cup, unfrozen	14 5/8 cup + 25 oz 2 qts + ¼ cup 1 qt + 2 ¼ cup 1/3 cup + 1 Tbsp 2 1/8 tsp 2 1/8 tsp 1 qt + 3 ¼ cups 2 cups + 1 Tbsp 10 ½ large 1 qt + 1/8 cup 3 Tbsp + 3/8 tsp 2 Tbsp + ¼ tsp 2 qts + ¼ cup	1. Blend flours, baking soda, baking powder, and salt in large bowl. 2. Combine sugar, eggs and oil in the mixer until smooth, scraping the bowl at least once. Add buttermilk, and vanilla. Reserving one cup of the flour mixture, slowly add the dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 30-45 seconds. Add the orange juice and mix until absorbed. 3. Shake the frozen blueberries up with the reserved flour to coat. Add to the mix, turning in by hand with a rubber spatula. DO NOT OVERMIX. Batter will be lumpy. 4. Scoop muffins with an 8 oz scoop into paper lined muffin cup pan which have been lightly coated with pan release spray. Use two pans. 5. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-15 minutes 6. For muffin squares cut each pan 5 x 10 (50 portions per pan). For muffin pans: Portion batter with #20 scoop (3 1/3 Tbsp) coated with pan release spray. Fill no more than 2/3 full.

Serving Size 1 muffin Pan Size _____

Yield _____ Number of Pans _____

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>400</u>	<u>18-20</u>
Convection	<u>350</u>	<u>12-15</u>

1 Serving Provides:

_____	Meat/Meat Alternative
<u>1/8 cup</u>	Fruit
<u>2.0 oz.</u>	Grains/Breads (0.5 oz. whole grain)
_____	Vegetable

If available, Nutrition Analysis:		Serving Size: _____
<u>279</u> Calories	<u>1.53</u> Saturated Fat (g)	<u>2.7</u> Vitamin C (mg)
<u>5.32</u> Protein (g)	<u>194</u> Sodium (mg)	<u>46.7</u> Vitamin A (IU)
<u>10.28</u> Total Fat (g)	<u>2.28</u> Fiber (g)	<u>83.28</u> Calcium (mg)
<u>33.1</u> % Calories from Total Fat		<u>1.80</u> Iron (mg)

This recipe is from Robin Vogler at Somers Schools, in Somers, Montana.

Carrot Bars

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Eggs Vegetable oil Applesauce, unsweetened* Sugar, granulated Vanilla extract Whole wheat flour* (or Local) Baking powder Baking soda Salt Cinnamon Carrots, grated or shredded (Local) Walnuts, chopped	5 ¾ large 2/3 cup + 2 ¼ tsp 1 cup + 1 Tbsp 2 ¾ cups + 1 ½ Tbsp 2 7/8 tsp 2 ¾ cups + 1 ½ Tbsp 2 7/8 tsp 2 7/8 tsp ¾ tsp 2 7/8 tsp 1 qt + 1 ¾ cup 1 1/3 cup + 1 ½ Tbsp	11 ½ large 1 1/3 cup + 1 ½ Tbsp 2 1/8 cup + 1 tsp 1 qt + 1 ¾ cup 1 Tbsp + 2 ¾ tsp 1 qt + 1 ¾ cup 1 Tbsp + 2 ¾ tsp 1 Tbsp + 2 ¾ tsp 1 3/8 tsp 1 Tbsp + 2 ¾ tsp 2 qts + 3 ½ cup 2 ¾ cup + 1 ½ Tbsp	<ul style="list-style-type: none"> If using frozen eggs, thaw in cooler 4 days prior to use <ol style="list-style-type: none"> Preheat oven 325°F (convection). Spray pans. Beat eggs, oil, applesauce, sugar and vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Add carrots and walnuts. Pour 1 gallon of batter per full size pan. Bake for approximately 25 minutes depending on oven or until center is set (test with a toothpick). Sprinkle with powdered sugar if desired. Cut into 35 pieces.

Serving Size 1 serving (1/35th of pan) Pan Size ½ sheet pan

Yield _____ Number of Pans _____

1 Serving Provides: 1 bar

_____ Meat/Meat Alternative

_____ Fruit

0.25 oz. Grains/Breads (0.25 oz. whole grain)

_____ Vegetable

*to provide 1/8 cup red/orange veg.- need to use 6 ¼ cup grated/shredded carrots

Oven Temperature & Baking Time:

Temperature

Minutes

Conventional _____

Convection 325

25+

If available, **Nutrition Analysis:** **Serving Size:** 1bar

181 Calories 1.13 Saturated Fat (g) 2.0 Vitamin C (mg)

2.96 Protein (g) 300 Sodium (mg) 6838 Vitamin A (IU)

7.20 Total Fat (g) 2.08 Fiber (g) 60.2 Calcium (mg)

357 % Calories from Total Fat 1.16 Iron (mg)

This recipe is from Marsha Wartick, Ronan Public Schools, Ronan, Montana.

Carrot Muffin

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Egg Vegetable oil* Vanilla extract Carrots, pureed (Local) All-purpose flour* Whole wheat flour* Brown sugar Cinnamon Nutmeg Baking soda Baking Powder Salt Carrots, shredded (Local)	8 1/3 large 1 1/3 cup + 1/2 Tbsp 1/4 cup + 1/2 tsp 1 qt + 1/8 cup 1 qt + 1/8 cup 1 qt + 1 1/4 cups 3 1/8 cups 2 Tbsp + 2 3/8 tsp 2 1/8 tsp 2 1/8 tsp 1 Tbsp + 1 1/8 tsp 2 1/8 tsp 2 qt + 1/4 cup	16 2/3 large 2 3/4 cup + 1 tsp 1/2 cup + 1 tsp 2 qts + 1/4 cup 2 qt + 1/4 cup 2 qt + 2 1/2 cup 1 qt + 2 1/4 cup 1/3 cup + 5/8 tsp 1 Tbsp + 1 1/8 tsp 1 Tbsp + 1 1/8 tsp 2 Tbsp + 2 3/8 tsp 1 Tbsp + 1 1/8 tsp 1 gal + 3/4 cup	Whisk eggs, add oil and vanilla and whisk again. Add pureed carrots and mix well. Add flours, sugar, spices, baking soda, baking powder, and salt to wet ingredients and mix with rubber spatula. Batter will seem thick but will loosen up as you gently mix more. Fold in shredded carrots. Use ice cream scoop to fill 1/2 cup muffin tins with liners. Bake at 300 degrees (convection) until toothpick comes out clean. 22-25 minutes. A dollop of whipped cream on top really sells these to the students. Bonus: each muffin has 1/4 cup of fresh carrot so it can be used as a veg.

Serving Size 1 muffin

Pan Size _____

Yield _____

Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.75 oz. Grains/Breads (0.25 oz. whole grain)
1/4 cup Vegetable
 (1/4 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>335</u>	<u>22-25</u>
Convection	<u>300</u>	<u>22-25</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>213</u> Calories	<u>1.16</u> Saturated Fat (g)	<u>1.6</u> Vitamin C (mg)
<u>4.17</u> Protein (g)	<u>266</u> Sodium (mg)	<u>5251</u> Vitamin A (IU)
<u>7.30</u> Total Fat (g)	<u>2.85</u> Fiber (g)	<u>59.8</u> Calcium (mg)
<u>30</u> % Calories from Total Fat		<u>1.47</u> Iron (mg)

This recipe is from Jay Stagg at Muldown Elementary School in Whitefish, Montana.

Cheese Biscuits (Red Lobster Style)

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Low fat Bakery Mix (biscuit type)* 2% milk (Local) Fat-free shredded cheddar cheese* Melted margarine with garlic powder to taste	3 lb + 5 1/3 oz 1 qt + 1 3/8 cups 13 1/3 oz	6 lbs 11 oz 2 qts + 2 3/4 C 1 lb 11 oz	1. Mix bakery mix and milk in mixing bowl 2. Add cheese 3. Mix until blended 4. Use #16 scoop 5. Bake in sheet pans on parchment paper at 400°F for 10 minutes in convection oven. 6. Butter tops while still hot

Serving Size #16 scoop Pan Size Full Sheet Pan

Yield _____ Number of Pans _____

1 Serving Provides:

0.75 oz. Meat/Meat Alternative
 _____ Fruit
1.0 oz. Grains/Breads (0 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	<u>400</u>	<u>10</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>145</u> Calories	<u>1.14</u> Saturated Fat (g)	<u>1.0</u> Vitamin C (mg)
<u>544</u> Protein (g)	<u>499</u> Sodium (mg)	<u>249.5</u> Vitamin A (IU)
<u>4.60</u> Total Fat (g)	<u>2.21</u> Fiber (g)	<u>152.4</u> Calcium (mg)
<u>28.4</u> % Calories from Total Fat		<u>1.23</u> Iron (mg)

Recipe shared by Helen Winkley, Sweet Grass County High School, Big Timber, Montana and Vicki Gruber, Clancy Schools, Clancy, Montana.
 Reciped submitted by Kennie Johnson, OPI.

Chicken and Biscuits

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Topping: Frozen carrots, chopped* Broccoli, chopped Frozen chicken, cooked, chopped* Condensed cream of mushroom soup Milk (Local) Cheddar cheese, shredded Salt Whole wheat flour (Local)	1 lb + 2/3 oz 1 lb + 2 ¾ oz 2 lb + 4 oz 2 lb + 12 7/8 oz 1 qt + 1 ½ cups 1 lb + 2/3 oz 1 Tbsp + 1 1/8 tsp ¾ cup + ½ Tbsp	2 lbs + 1 1/3 oz 2 lbs + 5 ½ oz 4 1/2 lbs 5 lbs + 10 oz 2 qt + 3 cup 2 lbs + 1 1/3 oz 2 Tbsp + 2 3/8 tsp 1 ½ c + 1 Tbsp	CHICKEN VEGETABLE TOPPING: Preheat oven to 425°F. In large bowl, mix together carrots, broccoli, chicken, soup, milk, cheese, flour, and salt. Spoon mixture into a 9x13 pan. Bake in preheated oven for 30 minutes until thickened and bubbly. Serve over biscuits. BISCUITS: Preheat oven 450°F. In large bowl, sift together flour, baking powder and salt. Cut in shortening with fork or pastry blender until resembles coarse crumbs. Pour milk into flour mixture while stirring with fork. Mix in milk until dough is soft and moist and pulls away from side of bowl. Turn dough out onto a lightly floured surface & knead until no longer sticky. Roll dough 1/2" thick and cut with a floured biscuit cutter. Press unused dough together and reroll and repeat. Place biscuits on ungreased baking sheet. Bake for 8-10 minutes or until golden brown.
Biscuits: Whole wheat flour (Local) Baking powder Salt Shortening* Milk	2 qt + ¼ cup ¼ cup + ½ tsp 2 1/8 tsp 2 cups + 1 Tbsp 3 1/8 cup	1 gal + ¾ cup ½ cup + 1 tsp 1 Tbsp + 1 1/8 tsp 1 qt + 1/8 cup 1 qt + 2 ¼ cup	

Serving Size ½ cup Pan Size 9 x 13 baking sheet

Yield _____ Number of Pans _____

1 Serving Provides:

1.0 oz. Meat/Meat Alternative
 _____ Fruit
1.25 oz. Grains/Breads (1.25 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>238</u> Calories	<u>3.76</u> Saturated Fat (g)	<u>6.3</u> Vitamin C (mg)
<u>10.88</u> Protein (g)	<u>678</u> Sodium (mg)	<u>1568</u> Vitamin A (IU)
<u>12.9</u> Total Fat (g)	<u>3.30</u> Fiber (g)	<u>179</u> Calcium (mg)
<u>48.86</u> % Calories from Total Fat		<u>1.58</u> Iron (mg)

This recipe provided by Suzie Bedwell, Great Falls Public Schools, Great Falls, Montana.

Chicken and Dumplings

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item – may vary by season	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Chicken Mixture: Carrots, peeled & cut in ¼ to ½ inch rounds (Local) Celery, cut diagonally ¼ to ½ inch slices-include some of the most tender celery leaves (Local) Chicken, left over or raw, diced into ½ to 1 inch cubes Water Chicken base (Adjust amount to taste) Salt Pepper Dumplings: Baking Mix* (USDA Granny Bunt) Milk (Local)	5 lb + 9 oz 2 qt + ¾ cup 3 lb + 2 oz 2 Tbsp + 5/8 tsp 1/8 cup 1 Tbsp + 3/8 tsp 1 1/8 tsp 2 qt + 3 cups 1 qt + 3/8 cup	11 lbs + 2 oz 1 gal + 1 ¾ cup 6 lb 4 oz ¼ cup + 1 3/8 tsp 1/3 cup 2 Tbsp + 5/8 tsp 2 ¼ tsp 1 ¼ gal + 2 ¼ cup 2 qt + ¾ cup	Chicken Mixture: 1. Combine chicken mixture ingredients 2. Bring to a boil 3. Cover and cook for about 20 minutes or until vegetables are cooked but still firm 4. Add dumplings Dumplings: 1. Stir baking mix and milk with fork until just mixed 2. Dough will be slightly stiff 3. Drop by spoonful on top of chicken mixture. A #30 scoop works well. 4. Cook uncovered for 10 minutes 5. Cook covered for 10 to 15 minutes 6. Keep warm and serve. ◇ This recipe can be cooked on top of stove in 4” -6” full steam-table pan or in oven. Times are longer if cooked in oven. Chicken should be increased for larger portions of protein as needed.

Serving Size 1 cup including 2 dumplings Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

1 oz Meat/Meat Alternative
 _____ Fruit
1.5 oz. Grains/Breads (0 oz. whole grain)
3/8 cup Vegetable
 (1/4 cup red/orange, 1/8 cup other vegetable)

This recipe developed by Kennie Johnson, OPI.

Oven Temperature & Baking Time:

Temperature Minutes

Conventional _____

Convection _____

If available, **Nutrition Analysis:** **Serving Size:** _____

184 Calories 1.51 Saturated Fat (g) 3.6 Vitamin C (mg)

10.6 Protein (g) 601 Sodium (mg) 8608 Vitamin A (IU)

5.91 Total Fat (g) 3.55 Fiber (g) 101 Calcium (mg)

28.9 % Calories from Total Fat 1.53 Iron (mg)

Chicken Quesadilla

HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve X 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Whole wheat 8” USDA tortillas* Shredded Cheddar Cheese* Diced cooked chicken (fajita or cubed)* Salsa* Garnish with local vegetables such as: Lettuce Tomatoes Onions	50 medium 3 lb + 2 oz 4 lb + 8 oz 3 lb + 2 oz	100 6lb 4 oz 9 lbs 6 lb 4 oz	Advanced Preparation: 3 days before serving meal, take cooked chicken out of freezer to thaw. Cooking Instructions: Warm tortilla shells in the oven. Heat chicken in oven or braising pan to 165°, pour off extra juices just before serving. Serving Instructions: Place 1 tortilla onto plate, followed by 1 ½ oz of chicken for K-5 and 2 oz for 6-12 then sprinkle 1 oz of shredded cheese over chicken, leave open style and let kids roll up and eat. Salsa for topping. Serve with a tossed salad and fruit.

Serving Size 1 quesadilla Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

 2.25 oz. Meat/Meat Alternative
 _____ Fruit
 1.5 oz. Grains/Breads (1.5 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** 1 quesadilla

<u> 237 </u> Calories	<u> 2.10 </u> Saturated Fat (g)	<u> 1.1 </u> Vitamin C (mg)
<u> 23.1 </u> Protein (g)	<u> 480 </u> Sodium (mg)	<u> 236.6 </u> Vitamin A (IU)
<u> 6.16 </u> Total Fat (g)	<u> 4.39 </u> Fiber (g)	<u> 167 </u> Calcium (mg)
<u> 23.4 </u> % Calories from Total Fat		<u> 2.33 </u> Iron (mg)

This recipe is from Marsha Wartick, Ronan Public Schools, Ronan, Montana.

Chicken, Rotini and Marinara

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Spaghetti sauce*	6 lb + 7 oz	12 lb 14 oz	Combine all ingredients (except chicken & pasta) and simmer for one hour. Add chicken and let simmer another 30 minutes. Meanwhile, boil pasta to al dente. Time it so sauce and rotini are done at the same time. Set aside 1 gallon of sauce to add while on the serving line. Combine sauce and rotini and hold in deep hotel pans. Careful not to get pans too full as the noodles will get gummy on the bottom if held for a long time. Hold and serve at 135° F.
Tomato paste	14 ¾ oz	1 lb 13 ½ oz	
Water	14 ¾ oz	1 lb 13 ½ oz	
Tomato sauce*	14 5/8 oz	1 lb 13 ¼ oz	
Diced tomatoes*	1 lb + 13 oz	3 lb 10 1/3 oz	
Zucchini, shredded finely (Local)	11 oz	1 lb 6 ¼ oz	
Carrot, shredded finely (Local)	6 2/3 oz	13 1/3 oz	
Onions, diced	5/8 medium	1 1/8 medium	
Basil leaf	2 Tbsp + 5/8 tsp	¼ cup + 1 3/8 tsp	
Oregano leaf	2 Tbsp + 5/8 tsp	¼ cup + 1 3/8 tsp	
Salt	1 Tbsp + 3/8 tsp	2 Tbsp + 5/8 tsp	
Pepper	1 5/8 tsp	1 Tbsp + 3/8 tsp	
Garlic Powder	1 Tbsp + 2 tsp	3 Tbsp + 1 tsp	
Chicken, cooked, diced*	4 lb + 2 2/3 oz	8 lb 6 oz	
Whole wheat rotini*	3 lb + 7 5/8 oz	6 lb 15 oz	

Serving Size 10 oz Pan Size deep hotel

Oven Temperature & Baking Time:

Yield _____ Number of Pans _____

Temperature Minutes

Conventional _____

Convection _____

If available, **Nutrition Analysis:** **Serving Size:** _____

228 Calories 0.99 Saturated Fat (g) 6.2 Vitamin C (mg)

16.9 Protein (g) 617 Sodium (mg) 1175 Vitamin A (IU)

3.95 Total Fat (g) 3.54 Fiber (g) 44.1 Calcium (mg)

15.6 % Calories from Total Fat 2.72 Iron (mg)

1 Serving Provides:

1.3 oz Meat/Meat Alternative

_____ Fruit

1.0 oz. Grains/Breads (1.0 oz. whole grain)

1/2 cup Vegetable
(1/2 cup red/orange)

This recipe is from Jay Stagg, Muldown Elementary School, Whitefish, Montana.

Cornflake Cookies

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Margarine, Gold-n-Sweet Sugar, granulated Sugar, brown Egg, whole, raw, fresh (or frozen eggs*) Vanilla extract AP Flour* Whole wheat flour* (or Local) Baking powder, double-acting Baking soda Salt, table Coconut meat, dried, sweetened, flaked Cereal, Corn Flakes	¾ cup + 2 Tbsp 2/3 cup + 1 3/8 tsp 2/3 cup + 1 3/8 tsp 1 3/8 large 5/8 tsp 1 1/3 cup + ½ Tbsp 2/3 cup + 1 3/8 tsp 3/8 tsp 5/8 tsp 3/8 tsp 1 1/3 cup + ½ Tbsp 2 1/8 cup	1 2/3 cup + 1 Tbsp 1 1/3 cup + ½ Tbsp 1 1/3 cup + ½ Tbsp 3 large 1 3/8 tsp 2 ¾ cup + ½ Tbsp 1 1/3 cup + ½ Tbsp 5/8 tsp 1 3/8 tsp 5/8 tsp 2 ¾ cup + ½ Tbsp 4 ¼ cup	1. Cream together margarine, sugar and brown sugar. 2. Add eggs and vanilla and mix thoroughly. 3. Add dry ingredients and mix thoroughly. 4. Add coconut and cornflakes. Mix well—dough will be a little stiff. 5. Preheat convection oven to 350°. Line sheet pans with paper liner. Using #40 scoop, portion dough onto sheet pans. Bake for 8 to 10 minutes until golden brown turning pans once if necessary for even browning. Let cool and remove from pan.

Serving Size 1 cookie Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.25 oz. Grains/Breads (0 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	<u>350</u>	<u>8-10</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>79</u> Calories	<u>2.06</u> Saturated Fat (g)	<u>0.0</u> Vitamin C (mg)
<u>0.94</u> Protein (g)	<u>78</u> Sodium (mg)	<u>148</u> Vitamin A (IU)
<u>3.89</u> Total Fat (g)	<u>0.52</u> Fiber (g)	<u>5</u> Calcium (mg)
<u>39.8</u> Calories from Total Fat		<u>0.27</u> Iron (mg)

This recipe is from Cindy Giese at Lewistown Public Schools, Lewistown, Montana.

Fluffy Whole Wheat Biscuits

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
All purpose flour* Whole wheat flour* (or Local) Baking powder Sugar Salt Margarine Milk (Local)	3 1/8 cup 1 qt + 1 ¼ cups 1/3 cup + 5/8 tsp ¼ cup + ½ tsp 1 Tbsp + 1/8 tsp 1 cup + ½ Tbsp 1 qt + 1/8 cup	1 qt + 2 ¼ cup 2 qt + 2 ½ cup 2/3 cup + 1 3/8 tsp ½ cup + 1 tsp 2 Tbsp + ¼ tsp 2 cup + 1 Tbsp 2 qt + ¼ cup	In a medium bowl, combine flours, baking powder, sugar, and salt; mix well. Cut in butter until mixture resembles coarse crumbs. Stir in milk just until moistened. Turn out onto a lightly floured surface; knead gently 8-10 times. Roll to 1/4" thickness; cut with a 2-1/2" biscuit cutter and place on an ungreased baking sheet. Bake at 450 degrees for 10-12 minutes or until lightly browned. Serve warm.

Serving Size 1 biscuit Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
1.0 oz. Grains/Breads (0.75 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>450</u>	<u>10-12 minutes</u>
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>120</u> Calories	<u>1.02</u> Saturated Fat (g)	<u>0.1</u> Vitamin C (mg)
<u>3.2</u> Protein (g)	<u>365</u> Sodium (mg)	<u>207.6</u> Vitamin A (IU)
<u>4.5</u> Total Fat (g)	<u>1.74</u> Fiber (g)	<u>121.5</u> Calcium (mg)
<u>33.9</u> % Calories from Total Fat		<u>1.03</u> Iron (mg)

This recipe provided by Lynn White, Bridger School, Bridger, Montana. (Original recipe source was Taste of Home.)

Grab 'n Go Chicken Spinach Salad

HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve X 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local fruit or vegetable when in season	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Chicken Spinach Salad Spinach, raw (Local) Chicken patties, cooked* Almonds, toasted Cranberries or dried cherries* Dressing, raspberry vinaigrette Pretzel, soft Bavarian stick Apples, raw with skin, sliced (Local) Celery sticks, raw	6 ¼ gal 50 pieces 1 lb + 9 oz 3 qts + ½ cup 6 lbs 4 oz 50 pieces 1 ½ gal + 1 cup 1 ½ gal + 1 cup	12 ½ gal 100 3 lb + 2 oz 1 ½ gal + 1 cup 12 lb + 8 oz 100 3 gal + 2 cups 3 gal + 2 cups	1. Place spinach mix in serving container 2. Dice chicken patty and sprinkle over spinach 3. Sprinkle almonds over chicken 4. Top salad with cranberries or dried cherries 5. Serve dressing on the side – 2 oz portions 6. Serve with apples, celery, and pretzel Place components in serving container in safe and appealing presentation. Close lid securely for safe transport. ◇ Sodium can be reduced by using a low-sodium salad dressing.

Serving Size 1 each Pan Size _____

Yield 1 serving Number of Pans _____

1 Serving Provides:

 2.5 oz. Meat/Meat Alternative
 1.0 cup Fruit
oz. per product label Grains/Breads
 2 1/2 cup Vegetable
 (2 cups spinach credits as 1 cup dark green veg,
 plus ½ cup other vegetable)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** 1 serving

<u> 802 </u> Calories	<u> 6 </u> Saturated Fat (g)	<u> 23 </u> Vitamin C (mg)
<u> 24 </u> Protein (g)	<u> 1511 </u> Sodium (mg)	<u> 6207 </u> Vitamin A (IU)
<u> 30 </u> Total Fat (g)	<u> 8 </u> Fiber (g)	<u> 157 </u> Calcium (mg)
<u> 39.01 </u> % Calories from Total Fat		<u> 4.0 </u> Iron (mg)

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.

Grab 'n Go Turkey Pasta Salad

HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve X 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local vegetable when in season	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Pasta Salad Mayonnaise, low fat, no cholesterol Dressing, fat free honey mustard Soy sauce Ginger, ground Celery seed Sugar, granulated Sauce, pepper or hot Turkey breast meat, cooked* Sweet red pepper, chopped (Local) Celery, raw, chopped Edamame, soybean kernels Rotini, whole grain, dry* Tomatoes, raw, chopped or sliced (Local) Noodles, chow mein SERVE Pasta salad - Turkey Cantaloupe Veggie assortment Ranch dressing Muffin Squares (using Master Mix)	2 qt 3 ½ oz 3 Tbsp + 1 ¼ tsp ½ tsp 2 ¼ tsp 2 Tbsp + ¾ tsp ¾ tsp 6 lb + 13 oz 3 1/3 cup + 1 Tbsp 2 ¼ cup + 1 tsp 4 lb + 8 ¾ oz 6 lb + 13 oz 3 1/3 cup + 1 Tbsp 3 1/3 cup + 1 Tbsp 1 cup 1 wedge, medium 1 ½ cup 2 Tbsp 1 piece	3 qt + 3 ¾ cup 6 7/8 oz 1/3 cup + 1 ½ Tbsp 1 1/8 tsp 1 ½ Tbsp ¼ cup + 1 5/8 tsp ½ Tbsp 13 lb 10 oz 1 qt + 2 ¾ cup 1 qt + ½ cup 9 lb 2 oz 13 lb 10 oz 1 qt + 2 ¾ cup 1 qt + 2 ¾ cup	<ol style="list-style-type: none"> The day before serving combine all dressing ingredients, mix, and refrigerate They day before serving chop peppers, dice celery and cube turkey into pieces and refrigerate Place frozen edamame in refrigerator to thaw On the day of serving chop tomatoes into bite size pieces On the day of serving cook pasta according to directions; drain and rinse in cold water. Place in large bowl and add the turkey and vegetables Sprinkle with chow mein noodles. Add a sprig of parsley for color Serve with a side of fruit, veggies, and a muffin square <p>Place components in serving container in safe and appealing presentation. Close lid securely for safe transport. Keep chilled until served.</p> <p>◇ Sodium can be reduced by using a low sodium salad dressing.</p>

Serving Size 1 container Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

2 oz. Meat/Meat Alternative
____ Fruit
2 oz. Grains/Breads (2.0 oz. whole grain)
3/8 cup Vegetable
(1/8 cup legume, 1/8 cup red/orange, 1/8 cup other)

This recipe is from Cindy Giese at Lewistown Public Schools, Lewistown, Montana.

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** 1 container

<u>704</u> Calories	<u>3.38</u> Saturated Fat (g)	<u>84.0</u> Vitamin C (mg)
<u>30</u> Protein (g)	<u>1050</u> Sodium (mg)	<u>7121</u> Vitamin A (IU)
<u>20</u> Total Fat (g)	<u>9.67</u> Fiber (g)	<u>209</u> Calcium (mg)
<u>29.4</u> % Calories from Total Fat		<u>6.00</u> Iron (mg)

Marinara Meat Sauce

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Ground Beef (Local) Onions, raw, chopped Garlic, raw, minced Tomato sauce* Sweet potato, canned, mashed* Tomato paste, no salt* Water Salt Parsley flakes, dried Basil, fresh Oregano leaves, dried, ground Marjoram, dried Thyme leaf, dried White pepper, ground ◇We use Montana beef and Montana winter squash. Also, serve in lasagna, with commodity whole wheat spaghetti or use as pizza sauce without meat. Use with reduced fat commodity cheese and with whole wheat crust.	8 ½ lbs (raw) 1 ½ cups 2 clove ¾ #10 can ½ #10 can 1 qt 1 qt ½ Tbsp 2 Tbsp ¼ cup (chopped) 2 Tbsp (leaves) 1 Tbsp ½ Tbsp (leaves) 1 tsp (ground)	17 lbs raw 3 cups 4 clove 1 ½ #10 can 1 #10 can 2 qts 2 qts 1 Tbsp ¼ cup ½ cup ¼ cup 2 Tbsp 1 Tbsp 2 tsp	1. Brown ground beef. Drain excess fat. 2. Add onions and fresh chopped garlic. Cook until vegetables are translucent, stirring occasionally. 3. Add tomato sauce and paste. Puree sweet potatoes (can substitute cooked squash cubes) in a food processor until smooth. Add sweet potato puree to sauce. Measure dry spices and herbs in a separate bowl and combine well. Stir spice blend into sauce thoroughly and bring to a simmer. Add water. Sauce should be fairly thick. (May add more water if a thinner sauce is desired.) ◇ Substitute yellow or orange winter squash puree, EG: Butternut or acorn, for sweet potatoes. CCP: Heat sauce until 165°F for 15 seconds. CCP: Hold sauce at 135°F.

Serving Size 1/2 cup Pan Size _____

Oven Temperature & Baking Time:

Yield _____ Number of Pans _____

Temperature _____ Minutes _____

Conventional _____
 Convection _____

1 Serving Provides:

2 oz. Meat/Meat Alternative
 _____ Fruit
 _____ Grains/Breads
1/2 cup Vegetable (1/2 cup red/orange)

If available, **Nutrition Analysis:** **Serving Size:** 1/2 cup
177 Calories 2.0 Saturated Fat (g) 12.6 Vitamin C (mg)
17 Protein (g) 619 Sodium (mg) 3200 Vitamin A (IU)
6 Total Fat (g) 2.30 Fiber (g) 38 Calcium (mg)
39.6 % Calories from Total Fat 3.53 Iron (mg)

This recipe is from Robin Vogler, Lakeside and Somers Schools, Somers, Montana.

Monster Cookies

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Margarine, Gold-n-Sweet Sugar, granulated Sugar, brown Vegetable oil* AP Flour* Whole wheat flour* (or Local) Vanilla extract Egg, whole, raw, fresh Oats* Baking powder, double-acting Baking soda Salt, table Milk, dry, nonfat Semisweet chocolate chips M&M's milk chocolate candies	6 oz 10 oz 8 oz ¼ cup 8 oz 7 ¼ oz 2 ¼ tsp 4 ¾ large 8 oz 5/8 tsp 1 ¼ tsp ½ tsp 2 Tbsp 1 1/8 cups 1 1/8 cups	12 oz 1 lb + 4 oz 1 lb ½ cup 1 lb 14 3/8 oz 1 ½ Tbsp 9 3/8 large 1 lb 1 ¼ tsp 2 ½ tsp 1 1/8 tsp ¼ cup 2 ¼ cups 2 14 cups	1. Cream margarine, oil, and sugars together 2. Add eggs and vanilla and mix until blended 3. Add dry ingredients and mix until blended 4. Add chocolate candies and chips 5. Line 18"x 26" baking sheets with paper and using #24 scoop of dough, place 24 cookies on one sheet. Flatten dough ball to approximate ½ inch thick 6. Bake at 300° in a convection oven for approximately 5 minutes, turn pan and bake another 5 minutes or until brown. Let cool on pan.

Serving Size 1 cookie Pan Size 18" x 26

Yield _____ Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.75 oz. Grains/Breads (0.5 oz. whole grains)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	<u>300</u>	<u>10</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>169</u> Calories	<u>2.85</u> Saturated Fat (g)	<u> </u> Vitamin C (mg)
<u> </u> Protein (g)	<u>105</u> Sodium (mg)	<u>153</u> Vitamin A (IU)
<u>6.74</u> Total Fat (g)	<u>1.39</u> Fiber (g)	<u>22</u> Calcium (mg)
<u>36.5</u> % Calories from Total Fat		<u>0.82</u> Iron (mg)

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.

Montana Trails Cookie

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Whole Wheat Flour* (or Local) AP White Flour* Crushed Cereal Mix (Local) Trail Mix (Local) peanuts, M&M's, raisins, almonds, cashews Brown sugar White sugar Eggs (Local) Vegetable Oil* Margarine (Local) Baking soda Water Vanilla	2 ½ cup + 1 ½ Tbsp 2 ½ cup + 1 ½ Tbsp 1 ½ cup + 1 Tbsp 12 ½ oz 1 ½ cup + 1 Tbsp 1 ½ cup + 1 Tbsp 4 ¼ large 1 cup + ½ Tbsp 1 cup + ½ Tbsp 2 1/8 tsp 2 Tbsp + ¼ tsp 2 1/8 tsp	1 qt + 1 ¼ cup 1 qt + 1 ¼ cup 3 /13 cup 1 lb + 9 oz 3 1/8 cup 3 1/8 cup 8 1/3 large 2 cups + 1 Tbsp 2 cups + 1 Tbsp 1 Tbsp + 1 1/8 tsp ¼ cup + ½ tsp 1 Tbsp + 1 1/8 tsp	1. Mix flours together in a separate bowl add the crushed cereal. Stir together and set aside. 2. Put the trail mix in a food processor and chop until crumbly medium sized pieces. 3. Cream together the sugars, eggs, oil, margarine and vanilla. 4. Mix together the baking soda and water and add to the creamed mixture. Beat until light. 5. Add the flours and cereal to creamed mixture one cup at a time. Mix until well blended. 6. Add the trail mix that is crumbly. Mix together until all ingredients are combined. 7. Drop onto parchment lined sheet pan using a 1 5/8 oz disher. 4 across and 6 down. 8. Do not over bake.

Serving Size 1 cookie Pan Size large sheet pans

Yield _____ Number of Pans _____

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u> 359 </u>	<u> 10 </u>
Convection	<u> 325 </u>	<u> 8 </u>

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
 0.75 oz. Grains/Breads (0.25 oz. whole grain)
 _____ Vegetable

If available, **Nutrition Analysis:** **Serving Size:** _____
 203 Calories 1.47 Saturated Fat (g) 0.1 Vitamin C (mg)
 2.76 Protein (g) 127 Sodium (mg) 193.8 Vitamin A (IU)
 8.93 Total Fat (g) 1.37 Fiber (g) 17.4 Calcium (mg)
 39.6 % Calories from Total Fat 0.88 Iron (mg)

This recipe is from Sherilyn Stasch, Riverside Youth Corrections Facility, Boulder, Montana.

Oatmeal Cherry Chip Cookie

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Boiling water Cereal Mix, oat and barley flakes from Wheat Montana (Local) Butter, softened to room temperature Sugar, brown Sugar, granulated Eggs Vanilla All purpose flour* Baking Powder Dried Cherries*(or Local) Chocolate chips, semisweet	7 1/3 oz 8 1/3 oz 8 1/3 oz 6 ¼ oz 5 ¼ oz 2 1/8 oz 1 tsp 12 ½ oz 1 tsp 1 ½ cup + 1 Tbsp 1 cup + ½ Tbsp	14 5/8 oz 1 lb + 2/3 oz 1 lb + 2/3 oz 12 ½ oz 10 ½ oz 4 ¼ oz 2 1/8 tsp 1 lb + 9 oz 2 1/8 t 3 1/8 cup 2 cup + 1 Tbsp	1. Pour boiling water over cereal. Let stand for five minutes. 2. Combine butter, brown sugar, granulated sugar. Beat until creamy. 3. Add eggs and vanilla. Combine well. 4. Combine flour and baking powder and add to creamed mixture. Combine well. 5. Add Cereal mixture. Combine well. 6. Add cherries and chocolate chips. Combine. 7. Use ¾ oz scoop to place on lightly greased baking sheet.

Serving Size 1 cookie Pan Size 18" x 13" x 1"

Yield _____ Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.5 oz. Grains/Breads (0 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>375</u>	<u>10-12</u>
Convection	<u>350</u>	<u>8</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>132</u> Calories	<u>3.11</u> Saturated Fat (g)	<u>0</u> Vitamin C (mg)
<u>1.60</u> Protein (g)	<u>41</u> Sodium (mg)	<u>123.8</u> Vitamin A (IU)
<u>5.16</u> Total Fat (g)	<u>1.04</u> Fiber (g)	<u>14.5</u> Calcium (mg)
<u>35.3</u> % Calories from Total Fat		<u>0.66</u> Iron (mg)

This recipe is from Kathy Williams and Cindy Dallas, Shields Valley Elementary, Wilsall, Montana.

Pizza Pasta

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Whole wheat rotini* Mozzarella cheese* Sausage topping, cooked (Local) Pepperoni, cubed Italian Seasoning Granulated garlic Pizza sauce Green Peppers, chopped and sautéed (Local) Onions, chopped and sautéed (Local)	3 lbs + 14 ¼ oz 4 lbs + 7 1/8 oz 4 lbs + 7 1/8 oz 4 lbs + 7 1/8 oz 3 Tbsp + 1 5/8 tsp 1 T + 2 3/8 tsp 2/3 #10 can	7 lb + 13 oz 8 lb + 14 oz 8 lb + 14 oz 8 lb + 14 oz 1/3 cup + 5 3/8 tsp 3 Tbsp + 1 5/8 tsp 1 1/3 #10 can	<p>Cook pasta and drain. Add pizza sauce to pasta and mix well. Divide into the 8 pans. Add shredded mozzarella and anything else you want. We usually put in pepperoni, sausage, green peppers, and onions. If you want to be a little sneaky cook up some broccoli or carrots or both, then puree and add to your pizza sauce. The students won't be able to taste it and it's good for them. Put it in the oven and cook for about 30 minutes, to reach 165°F. Will hold in pans for 3 hours. Serve at 135°F or higher.</p> <p>Good reheated; might need to add a little more pizza sauce. ◇ Sodium can be reduced by using low sodium pizza sauce.</p>

Serving Size 1 cup Pan Size 16 x 24

Yield _____ Number of Pans _____

1 Serving Provides:

4.25 oz. Meat/Meat Alternative
 _____ Fruit
1.0 oz. Grains/Breads (1.0 oz. whole grain)
1/8 cup Vegetable
 (1/8 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>350</u>	<u>30</u>
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>527</u> Calories	<u>11.5</u> Saturated Fat (g)	<u>4.7</u> Vitamin C (mg)
<u>35.5</u> Protein (g)	<u>1157</u> Sodium (mg)	<u>495.4</u> Vitamin A (IU)
<u>28.6</u> Total Fat (g)	<u>5.77</u> Fiber (g)	<u>376</u> Calcium (mg)
<u>48.8</u> % Calories from Total Fat		<u>3.41</u> Iron (mg)

This recipe is from Vicki Thomason, Townsend Schools, Townsend, Montana.

Santa Fe Pita

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local vegetable when in season	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Pita, 6” white Chicken fajita strip, USDA*, cooked and cooled Cheese, cheddar, reduced fat, shredded* Roasted red peppers Spinach, arugula, or romaine lettuce, raw (Local) Chipolte Ranch, BPS Buttermilk (for ranch dressing) (Local)	25 lrg 6 ½” 7 lbs 13 oz 1 lb 9 oz 1 lb 9 oz 12 ½ oz 6 lb 4 oz	50 lrg pitas 15 lb + 10 oz 3 lb + 2 oz 3 lb + 2 oz 1 lb + 9 oz 12 lb + 8 oz	Assemble pitas and serve ◇The roasted red peppers can be replaced with fresh, local tomatoes or commodity corn. The pita bread could be replaced and the sandwich filling eaten as an entrée or side dish.

Serving Size 1 serving Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

3.0 oz. Meat/Meat Alternative
 _____ Fruit
1.75 oz. Grains/Breads (0 oz. whole grain)
1/8 cup Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** 1 item

<u>391</u> Calories	<u>4</u> Saturated Fat (g)	<u>16</u> Vitamin C (mg)
<u>30</u> Protein (g)	<u>616</u> Sodium (mg)	<u>969</u> Vitamin A (IU)
<u>21</u> Total Fat (g)	<u>0.76</u> Fiber (g)	<u>207</u> Calcium (mg)
<u>37.8</u> % Calories from Total Fat		<u>2</u> Iron (mg)

This recipe is from Sherri Pearson, Bozeman Public Schools, Bozeman, Montana.

Sloppy Joe on a Roll

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step -by -step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Ground beef* (or Local) Onions, raw, chopped Tomato paste* Catsup Water Vinegar, distilled Mustard, powder/dry Pepper Sugar, brown Lentils, cooked, no salt (Local) Mild green chili peppers, canned, drained Garlic, raw Whole Wheat bun (Local)	8 ½ lbs (raw) 10 oz ¼ #10 can ¼ #10 can 2 cups 1 1/8 cups 2 Tbsp 1 tsp 2 ¾ oz 3 cups 1 lb + 11 oz 2 Tbsp 5 lbs + 10 oz	17 lbs (raw) 1 lb + 4 oz ½ #10 can ½ #10 can 1 qt 2 ¼ cups ¼ cup 2 tsp 5 ½ oz 1 qt + 2 cups 3 lb + 6 oz ¼ cup 11 lb + 4 oz	1. Brown ground beef. Drain. Continue immediately. 2. Cook lentils in enough water to cover them. Simmer for about 30-40 minutes. Drain excess water. Puree lentils in a food processor. 3. Add onions and minced garlic. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155° F or higher. Pour ground beef mixture into steam-table pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. Hold at 135° F or higher. 4. Portion with # 12 scoop (1/3 cup) onto bottom half of each roll. Cover top half of roll.

Serving Size 1 sandwich Pan Size 12" x 20" x 2 ½"

Yield _____ Number of Pans _____

1 Serving Provides:

2 oz. Meat/Meat Alternative
 _____ Fruit
1.75 oz. Grains/Breads (1.75 oz. whole grain)
1/4 cup Vegetable
 (1/4 cup total vegetable)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>400</u> Calories	<u>5</u> Saturated Fat (g)	<u>17.4</u> Vitamin C (mg)
<u>27</u> Protein (g)	<u>567</u> Sodium (mg)	<u>594</u> Vitamin A (IU)
<u>15</u> Total Fat (g)	<u>3</u> Fiber (g)	<u>100</u> Calcium (mg)
<u>28.3</u> % Calories from Total Fat		<u>5</u> Iron (mg)

This recipe is from Robin Vogler, Lakeside and Somers Schools, Somers, Montana.

Soft Shell Tacos

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Montana ground beef 85% lean (Local) USDA refried beans* Taco Seasoning Salsa* (or Local) Whole grain soft shell tortilla 8” USDA whole wheat tortilla Iceberg lettuce, shredded Romaine lettuce, shredded Olives, sliced USDA reduced fat cheddar cheese* Sour Cream Salsa (Local) Tomatoes, chopped (Local) Onion, chopped (Local) Sprouts (Local)	7 lbs 3 oz (raw) ¾ can 1 cup + 1 Tbsp 2 1/8 cup + 1 tsp 50 tortilla 2 lbs 5 oz 1 lb 8 5/8 oz 12 1/3 oz 5 lbs 12 1/3 oz 12 1/3 oz 3 1/8 medium 1 5/8 medium	15 lb + 6 oz raw 1 5/8 can 2 ¼ cup + 1 Tbsp 1 qt + 5/8 cup 100 tortilla 4 lb + 9 oz 3 lb + 1 oz 1 lb + 8 oz 10 lbs 1 lb + 8 oz 1 lb + 8 oz 6 ¼ medium 3 1/8 medium	1. Using a deep steam pan, brown ground beef in a 350° oven, breaking down with a potato masher every 15 minutes or until browned, no pink remains, and 155°. Drain well and reserve liquid. Move liquid/drippings to cooler. 2. Warm beans with a cup or two of water in the microwave, add to beef in the steam tray. 3. Add 1 ½ cups taco seasoning and 3 cups salsa, blend well. 4. Remove fat from top of reserved pan drippings and add remaining liquid to beef mixture. 5. Heat covered in a 350° oven to 155°. About 30 minutes 6. Hold at 135° or higher in steam table while serving. 7. Serve beef and bean mix with a #16 scoop “heaped,” on whole grain taco shells and offer all sides. ♦ Sodium can be reduced in this recipe by making your own taco seasoning mix with less salt.

Serving Size 1 each Pan Size _____

Yield _____ Number of Pans _____

Oven Temperature & Baking Time:

Temperature Minutes

Conventional _____

Convection _____

If available, **Nutrition Analysis:** **Serving Size:** _____

367 Calories 8.14 Saturated Fat (g) 6.0 Vitamin C (mg)

27.6 Protein (g) 802 Sodium (mg) 1814 Vitamin A (IU)

16.9 Total Fat (g) 5.41 Fiber (g) 451 Calcium (mg)

41.5 % Calories from Total Fat 3.27 Iron (mg)

1 Serving Provides:

3.25 oz. Meat/Meat Alternative

_____ Fruit

1.5 oz. Grains/Breads (1.5 oz. whole grain)

¾ cup Vegetable

(1/8 cup red/orange, 1/8 cup dark green, 1/8 cup legume,
1/8 cup other vegetable)

This recipe is from Salley Young, Greenfield School, Fairfield, Montana.

Spaghetti Salad

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local vegetable when in season	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Spaghetti, whole wheat, enriched, dry* Spaghetti, white, protein-fortified, dry Broccoli, raw, chopped (Local) Cauliflower, raw, chopped (Local) Olives, ripe, canned Tomatoes, plum, Italian, raw (Local) Pepper, sweet, green, raw, chopped (Local) Peppers, sweet, red, raw, chopped (Local) Dressing, low calorie Italian	9 oz 1 lb 3 ¼ oz 1 lb 10 2/3 oz 1 lb 4 ¾ oz ¼ #10 can 14 7/8 oz 1 Tbsp + 1 3/8 tsp 1 Tbsp + 1 3/8 tsp 1 qt + 1 7/8 cup	1 lb + 1 7/8 oz 2 lb + 6 ½ oz 3 lb + 5 1/3 oz 2 lb + 9 ½ oz ½ #10 can 1 lb + 13 5/8 oz 2 Tbsp + 2 7/8 tsp 2 Tbsp + 2 7/8 tsp 2 qt + 3 ¾ cup	The salad is made in batches. The amounts listed should be made in 4 batches. 1. Cook spaghetti in boiling water until al dente texture 2. Noodles should be rinsed in cold water until cool. Drain. 3. Chop/dice all vegetables including olives and add to the cold spaghetti. 4. Add one gallon of Italian dressing to each batch and stir to mix 5. Portion salad into clear cambro containers with grip lids for transport. Keep chilled. Note: Salad will gain in flavor if mixed and allowed to marinate a couple hours before serving.

Serving Size ½ cup Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.5 oz. Grains/Breads (0.25 oz. whole grain)
1/4 cup Vegetable
 (1/8 cup dark green, 1/8 cup other vegetable)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** ½ cup

<u>85</u> Calories	<u>0.12</u> Saturated Fat (g)	<u>17.37</u> Vitamin C (mg)
<u>3.66</u> Protein (g)	<u>555</u> Sodium (mg)	<u>195</u> Vitamin A (IU)
<u>1.88</u> Total Fat (g)	<u>1.57</u> Fiber (g)	<u>17.90</u> Calcium (mg)
<u>25.7</u> % Calories from Total Fat		<u>0.95</u> Iron (mg)

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.

Sweet Potato Bars

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Sugar, granulated Flour, all purpose Vegetable oil Margarine, regular Baking powder Milk, nonfat Baking soda Cinnamon, ground Salt Ginger, ground Egg, mix dried Water, cold Sweet potato, canned mashed	1 qt + ¼ cup 1 qt + ¼ cup 1 1/3 cup + 1 ½ Tbsp 2/3 cup + 2 ¼ tsp 1 Tbsp + 1 ¼ tsp 1 1/8 cup + ¼ tsp 1 3/8 tsp 2 1/8 tsp 1 ¾ tsp 3/8 tsp 1 ¾ + 2 ½ Tbsp 1 ¾ + 2 ½ Tbsp ¾ #10 can	2 qt + ½ cup 2 qt + ½ cup 2 ¾ cup + 1 ½ Tbsp 1 1/3 cup + 1 ½ Tbsp 2 Tbsp + 2 ½ tsp 2 ¼ cup + 1 tsp 2 7/8 tsp 1 Tbsp + 1 ¼ tsp 1 Tbsp + ½ tsp ¾ tsp 3 ¾ cup + 1 Tbsp 3 ¾ cup + 1 Tbsp 1 ½ #10 can	Mash sweet potatoes. Mix all other ingredients well and add mashed sweet potatoes. Put in 6 - 2" pans that have been greased and floured. Bake in 325° convection oven for 40 to 45 minutes. Frost with a powdered sugar glaze or a dusting of powdered sugar. ◇Pumpkin can be substituted for the sweet potatoes. Both pumpkin or sweet potatoes could be purchased locally.

Serving Size 2" x 2" square Pan Size 16" x 24" & 2" deep

Yield _____ Number of Pans _____

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.5 oz. Grains/Breads (0 oz. whole grain)
1/8 cup Vegetable
 (1/8 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>350</u>	<u>40-45</u>
Convection	<u>325</u>	<u>40-45</u>

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>254</u> Calories	<u>1.65</u> Saturated Fat (g)	<u>2.7</u> Vitamin C (mg)
<u>3.83</u> Protein (g)	<u>262</u> Sodium (mg)	<u>4011</u> Vitamin A (IU)
<u>10.3</u> Total Fat (g)	<u>1.10</u> Fiber (g)	<u>67.7</u> Calcium (mg)
<u>36.7</u> % Calories from Total Fat		<u>1.31</u> Iron (mg)

This recipe is from Barb DeZort, Cut Bank Public Schools, Cut Bank, Montana.

Sweet Potato Bars

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by -step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Flour, whole wheat (or Local) Baking powder Cinnamon, ground Nutmeg, ground Sugar, brown Applesauce, canned Sweet potato, canned, mashed Milk, nonfat Raisins	1 qt + 1 cup 2 Tbsp + 5/8 tsp 1 5/8 tsp 1 5/8 tsp 1 2/3 cup 1 2/3 cup 3 1/3 cup 3/4 cup + 1 Tbsp 2 1/8 cup + 1 1/2 Tbsp	2 qt + 2 cup 1/4 cup + 1 3/8 tsp 1 Tbsp + 3/8 tsp 1 Tbsp + 3/8 tsp 3 1/3 cup 3 1/3 cup 1 qt + 2 5/8 cup 1 2/3 cup 1 qt + 3/8 cup	Preheat oven to 350° F. Combine flour, baking powder, cinnamon, and nutmeg in a large bowl. Place egg, milk, and applesauce in the bowl and mix. Stir in sweet potatoes followed by raisins. Spread into lightly greased pan. Bake for 40 min or until toothpick inserted in center comes out clean. Let cool and cut into bars.

Serving Size 1 - 3 x3 bar Pan Size 9 x 15" Bar Pan

Yield _____ Number of Pans 1

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.75 oz. Grains/Breads (0.75 oz. whole grain)
 _____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>350</u>	<u>40</u>
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>111</u> Calories	<u>0.07</u> Saturated Fat (g)	<u>1.1</u> Vitamin C (mg)
<u>2.35</u> Protein (g)	<u>83</u> Sodium (mg)	<u>1490</u> Vitamin A (IU)
<u>0.32</u> Total Fat (g)	<u>2.15</u> Fiber (g)	<u>60.7</u> Calcium (mg)
<u>2.63</u> % Calories from Total Fat		<u>0.95</u> Iron (mg)

This recipe is from Suzie Bedwell, Great Falls Public Schools, Great Falls, Montana.

Taco Pocket

HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve X 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step by step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Filling Beef, ground, 85% lean, raw Taco Seasoning Refried beans, pinto* Cheese, cheddar, reduced fat, shredded* Cheese, mozzarella, frozen, shredded*	6 lbs 9 oz 6 ½ oz 3 ¾ cup + 1 Tbsp 2 ½ lbs 1 lb 6 7/8 oz	13 lb + 1 oz 12 7/8 oz 1 qt + 3 5/8 cup 5 lb 2 lb + 13 ¾ oz	<ol style="list-style-type: none"> Thaw beef in refrigerator. The day before serving brown beef in braising pan. Rinse and drain. Add taco seasoning and refried beans and stir and bring to temperature of 165°. Separate into stainless steel pans, cool, cover and refrigerate until next morning. <p>For best results for bread dough, have all ingredients and utensils at room temperature.</p> <ol style="list-style-type: none"> Dissolve dry yeast in warm water. Let stand for 4-5 minutes. Place flour in mixer bowl. Make well in the center. Pour in dissolved yeast, oil, salt, and sugar. Add 1 teaspoon of dough conditioner for best results. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes on medium speed. Divide and shape dough into 14 balls. Each weighing 1 lb. 13 oz. On lightly floured surface, roll out each ball of dough into a rectangle 16" wide and 20" long. Combine shredded cheeses before using. Layer ingredients lengthwise along the center portion of the dough rectangle as follows. <p>Center strip: 3 cups taco meat, fold the 1/3 of outside dough over taco meat. Top Strip: 1 ½ cups shredded cheese.</p> <ol style="list-style-type: none"> Fold bottom third of dough over the second layer of cheese. Pinch to seal end and top seams. (If desired, spray loaf with Buttermist) Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across. Place rolled dough on lightly oiled hotel pan (12" x 20" x 1"). Two stromboli can be placed on each pan. Allow rolled pocket loaf to proof for 30 minutes. Bake until crust is lightly browned <p>Conventional Oven: 400° F for 30-35 minutes Convection Oven: 350° F for 25-30 minutes</p> <ol style="list-style-type: none"> Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running Cut each Stromboli lengthwise down the middle and crosswise 5 times into 10 portions.
Dough Yeast, Baker's, active, dry Water, municipal Flour, bread, enriched Flour, whole wheat, (Local) Oil, soybean, salad, or cooking Salt, table Sugars, granulated	¼ cup + 7/8 tsp 1 qt. + 2 3/8 cup 3 lbs 13 ½ oz 1 lb 12 5/8 oz ½ cup + 1 ¾ tsp 2 1/8 tsp 3 Tbsp + 1 ¾ tsp	½ cup + 1 ¾ tsp 3 qt + ¾ cup 7 lb + 11 oz 3 lb + 9 1/8 oz 1 cup + 1 Tbsp 1 Tbsp + 1 ¼ tsp 1/3 cup + 5 3/8 tsp	

Serving Size 1 piece Pan Size 12" x 20" x 1"

Yield _____ Number of Pans _____

1 Serving Provides: 1 piece

2.75 oz. Meat/Meat Alternative

_____ Fruit

3.0 oz. Grains/Breads (1.0 oz. whole grain)

_____ Vegetable

Oven Temperature & Baking Time:

	Temperature	Minutes
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Conventional	<u>400</u>	<u>30-35</u>
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Convection	<u>350</u>	<u>25-30</u>
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If available, **Nutrition Analysis:** **Serving Size:** 1 piece

<u>467</u> Calories	<u>8.27</u> Saturated Fat (g)	<u>1.95</u> Vitamin C (mg)
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<u>29.08</u> Protein (g)	<u>714</u> Sodium (mg)	<u>450</u> Vitamin A (IU)
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<u>19.25</u> Total Fat (g)	<u>3.42</u> Fiber (g)	<u>342</u> Calcium (mg)
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<u>32.2</u> % Calories from Total Fat	<u>4.36</u> Iron (mg)	
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Sodium can be decreased by using your own taco seasoning recipe with less salt.

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.

Taco Soup

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Hamburger* (or Local) Taco seasoning Kidney beans* Black beans Diced tomatoes* Tomato sauce* Corn* Water Ranch mix seasoning packet	7 ½ lbs (raw) ¼ cup 1 #10 can ¾ #10 can ½ #10 can 1 #10 can ½ #10 can 1 gal 1 5/8 oz	15 lb raw ½ cup 2 #10 cans 1 ½ #10 can 1 #10 can 2 #10 cans 1 #10 can 2 gal 3 ¼ oz	Cook Hamburger to 165° F. Drain grease. Season to taste with taco seasoning as though you were making taco meat. Add the rest of the ingredients. Ranch mix is optional but gives it more flavor. You may need to add more water depending on thickness you like. Heat to a temp of at least 165°F and serve. We usually serve this with corn chips and shredded cheese.

Serving Size 3/4 cup Pan Size _____

Yield _____ Number of Pans _____

1 Serving Provides:

 1.75 oz Meat/Meat Alternative
 (beans counted as vegetable)
 _____ Fruit
 _____ Grains/Breads
 5/8 cup Vegetable
 (1/4 cup legume, 3/8 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u> 236 </u> Calories	<u> 2.62 </u> Saturated Fat (g)	<u> 3.4 </u> Vitamin C (mg)
<u> 16.7 </u> Protein (g)	<u> 488 </u> Sodium (mg)	<u> 54.7 </u> Vitamin A (IU)
<u> 6.98 </u> Total Fat (g)	<u> 4.10 </u> Fiber (g)	<u> 36.01 </u> Calcium (mg)
<u> 26.6 </u> % Calories from Total Fat		<u> 2.50 </u> Iron (mg)

This recipe provided by Barb DeZort, Cut Bank Public Schools, Cut Bank, Montana.

Three Bean Soup

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Pinto beans*	1 1/8 #10 can	2 1/4 #10 can	Measure water and chicken base in large pot. Add northern beans, cook until almost tender. Then add onion, celery and carrots. Cook for 15 minutes. Add all other ingredients. Simmer for about 45 minutes; to reach temperature of 165° F. Hold and serve at 135° F. This recipe can be made with 1/2 ham and 1/2 sausage crumbles.
Kidney beans*	1 #10 can	2 1/4 #10 can	
Dry Northern beans	1 lb 7/8 oz	2 lb + 1 2/3 oz	
Onions	1 cup + 1/2 Tbsp	2 cup + 1 1/2 Tbsp	
Celery	1 1/2 cup + 1 Tbsp	3 1/8 cup + 1/2 Tbsp	
Carrots (Local)	1 1/2 cup + 1 Tbsp	3 1/8 cup + 1/2 Tbsp	
Water	1 1/2 gal + 1 1/4 cup	3 gal + 2 1/2 cup	
Ham or chicken base	1/8 cup	1/4 cup	
Diced ham	3 qt	1 gal + 2 qt	
Thyme	1/2 tsp	1 tsp	
Salt	1/2 tsp	1 tsp	
Pepper	1/2 tsp	1 tsp	
Garlic	1/2 tsp	1 tsp	

Serving Size 3/4 cup

Pan Size large stock pot

Oven Temperature & Baking Time:

Yield _____

Number of Pans 1

Temperature _____ Minutes _____

Conventional _____

Convection _____

1 Serving Provides:

1.0 oz.* Meat/Meat Alternative
 _____ Fruit
 _____ Grains/Breads
1/2 cup** Vegetable
 (1/2 cup legume)

This recipe is from Sharon Groom, Dixon Schools, Dixon, Montana.

If available, **Nutrition Analysis:** **Serving Size:** _____
139 Calories 0.48 Saturated Fat (g) 1.9 Vitamin C (mg)
9.79 Protein (g) 548 Sodium (mg) 695 Vitamin A (IU)
1.71 Total Fat (g) 6.91 Fiber (g) 65.1 Calcium (mg)
11.0 % Calories from Total Fat 2.23 Iron (mg)

* If counting beans as meat alternative – then recipe provides 2.0 meat/meat alternate per serving.

** If counting beans as legume, would need to increase ham to 3 qt. for 50 servings and 1 gal. + 2 qt. for 100 servings to provide 1.0 oz. meat per serving.